

## NIAGARA FALLS STORY IDEAS – OUTDOOR ADVENTURES

### EXPLORING NIAGARA FALLS AND BEYOND

*The following information has been prepared to inspire future visits to Niagara Falls and we look forward to welcoming visitors back safely in keeping with any health and safety restrictions. Due to fluctuating COVID-19 restrictions, we recommend visitors contact businesses directly to confirm availability.*

Home of the legendary Canadian Horseshoe, American and Bridal Veil waterfalls, Niagara Falls is a four-season destination renowned for its awe-inspiring natural wonders combined with world-class accommodation, thrilling entertainment and a burgeoning culinary scene. Visitors from Ontario, across North America and around the world who come to experience adventure, discover family fun, feel the romance and create unique and memorable experiences have made it Canada's #1 leisure destination.

**Best Kept Secret:** Niagara Falls has 56 km (35 miles) of outdoor parks, a designated nature reserve, trails, landscaped gardens and nearby farmland with plenty of unique and memorable outdoor adventures to explore beyond the famous waterfalls. Plan your perfect escape whether your idea of rejuvenating includes high adrenaline adventures, physically active pursuits or the restorative power of green spaces, gardens and nature.

#### Calling All Thrill Seekers

Marvel at the relentless power and beauty of the [White Water Walk](#) a breathtaking boardwalk at the very edge of one of the world's wildest stretches of whitewater (class 6 rapids)! Adventure seekers will thrill at the incredible views at [WildPlay Zipline](#) toward the Falls or the [WildPlay Whirlpool Adventure Course](#). Ride the rapids of the Niagara River with [Whirlpool Jet Boat Tours](#) (wet and dry boats available). The [Whirlpool Aero car](#), a cable car offering incredible views of the Niagara Whirlpool high above the racing Niagara River. Feel the breeze on a thrilling scenic tour of the Niagara Parkway passing by the Falls, historic sites and exploring trails on your own [e-bike](#).

#### Get Your Heart Racing with Epic Views

Experience the breathtaking views of Niagara Falls from every angle with these recommendations for the best vantage points. Hover 457m (1,500 feet) above the Falls with [Niagara Helicopters](#) for the perfect aerial shot of the entire city on this must-do four season adventure. Voyage into the mist to get up close and personal on [Niagara City Cruises](#) iconic boat ride. Get an epic view (and a little wet) as you sail toward the base of the Falls, 51m (167 feet) below the brink. [Zipline to the Falls](#) for a thrilling panoramic ride, 67m (220 feet) above the natural marvel, only for those brave enough to soar towards the Falls at speeds of up to 70 km/h (44 mph). [Table Rock Centre](#), arguably one of the best views in the world, will bring you 3m (10 feet) from the Falls, as close as it gets. [Journey Behind the Falls](#) to descend 38m (125 feet) below the brink of the Falls to explore 130-year-old tunnels leading to an observation deck and viewing portal to get a glimpse behind the wonder.

#### Get Close to Nature

##### Niagara Glen and Nature Centre

Overlooking the Niagara River, deep in the Great Gorge, the Niagara Glen is a designated Nature Reserve with 4 km (2.5 mi) of paths that wind through a pristine pocket of Carolinian Forest, past boulders left behind as the Falls eroded through the area thousands of years ago. Hikes through the Niagara Glen involve an elevation change of over 60 m (200 ft). Proper footwear suitable for steep and rugged terrain is required. The Niagara Glen is a Nature Reserve that contains wild flora and fauna (plants and animals). Niagara Parks offers guided tours of the Niagara Glen during the spring and summer months.

### **Birding**

The Niagara River corridor offers a unique winter destination for bird lovers, adventure travelers and ecotourists alike. Visitors can see one of the world's greatest gatherings of gulls and other migrating birds. Starting mid-November, the river comes alive with more than 100,000 gulls on migratory flights from as far north as Greenland and the Canadian Arctic to as far south as Florida. During the winter months, the Niagara River corridor and Niagara Region are transformed into an avian wonderland. Vast numbers of northern birds including terns, gulls, ducks and geese migrate all the way south each year to the Niagara River corridor with its rich supply of fish for food. As many as 40 species of waterfowl, including Tundra Swans, Buffleheads, Long-tailed, Redheads, Canvasbacks, and 19 species of gulls, including Bonapartes and a variety of rare species can be spotted.

The Niagara River corridor is one of the world's most biodiverse places similar to the world-famous Galápagos Islands, the Florida Everglades and Yellowstone Park. In 1996, the entire Niagara River corridor, stretching 56 km from Lake Erie to Lake Ontario, became the first site in North America to receive international recognition as a "Globally Significant Important Bird Area" by major conservation groups in Canada and the United States.

Every February, bird lovers and conservationists celebrate the vast diversity of northern birds that call the mighty river corridor their home each winter at [Birds on the Niagara](#), the only international bird festival in North America.

### **Gardens**

[Queen Victoria Park](#), the heart of Niagara Parks, celebrates every season in style with a visual spectacle, from 500,000+ daffodils and tulips in spring. The spectacular [Oakes Garden Theatre](#) is the entranceway to Queen Victoria Park, the key central area of Niagara Parks that showcases the perfect panoramic view of the Falls. Concerts and special events are held here throughout the summer. The Niagara Parks [Botanical Gardens](#) offers 40 hectares (99 acres) of beautifully maintained gardens to explore and is home to the [Butterfly Conservatory](#), one of the largest in North America. Walk the green spaces and smell the flowers at the [Floral Showcase](#). With seven shows a year something new is always in bloom. Visit Niagara Parks in May or early June to experience the fragrant [Centennial Lilac Garden](#) with over 1,200 plants and over 200 different varieties.

### **Parklands**

[Dufferin Islands](#), popular with locals and tourists alike, offers ten acres of quiet secluded parkland including several small islands connected by bridges and footpaths. Admission free. Picnicking available. Nestled high atop the Niagara Escarpment, [Queenston Heights Park](#) is the birthplace of Niagara Falls - garden and nature lovers, hikers and picnickers have used this park for generations. Queenston Heights Park is also a terminus point of the Bruce Trail.

[Geocaching in Niagara Parks](#) is an outdoor treasure hunt where the goal is to find hidden containers, known as caches or geocaches, using a portable satellite navigation device called a Global Positioning System (GPS) receiver. Niagara Parks has a number of geocaches to find. More information regarding different types of caches and geocaching in general can be found at [Geocaching.com](#), and [Earthcache.org](#).

## Active Pursuits

### Scenic Trails

Whether by foot or bike, discover 56 kilometers (35 miles) of historical and horticultural sights along the [Niagara River Recreational Trail](#). Bordering the winding Niagara River, travel past the Horseshoe Falls, historical sites, attractions, restaurants and parkland as this trail connects Fort Erie to [Niagara-on-the-Lake](#).

### Cycling

Niagara is one of Ontario's premier cycling destinations with exceptional cycling routes and trails for beginners and pros alike. Cycle, walk, run or rollerblade through the [Greater Niagara Circle Route](#), a 140 km picturesque route along the Niagara Parkway beside Niagara Falls leading you through the lush greenery of the Niagara Escarpment. [Niagara River Bike Tours](#) offer two- and half-hour cycling tours showcase the hidden gems along the Niagara River.

### Bouldering in Niagara Glen

The Niagara Glen has become a popular bouldering hotspot. Bouldering permits can be purchased at the Niagara Glen Nature Centre and the Butterfly Conservatory.

### World-Class Golf

Niagara Falls is a world-class [golf destination](#) with more than 12 top golf courses designed by famed architects including [Legends on the Niagara](#), Canada's premier public golf course, and the [Whirlpool Golf Course](#), one of Canada's most highly rated and renowned public golf courses located in a spectacular setting against the backdrop of the Niagara River Whirlpool and Gorge.

### Fishing

Experience world-class sport [fishing adventures](#) on Lake Ontario and the Niagara River with [Niagara Fishing Adventures](#) in search of Chinook Salmon, Coho Salmon, Rainbow Trout (Steelhead) and Brown Trout.

### Niagara International Marathon (October 24, 2021)

One of the oldest and most scenic racecourses in North America following the Niagara River and ending at the majestic Canadian Horseshoe Falls. The Marathon is truly international with the start in Buffalo, NY and end in Niagara Falls, ON. The Half, 10k, and 5k distances all start and end in Canada.

## Ease into Patio Life

Sunny days call for [patio season](#) with many options for cold drinks and breathtaking views. Here are a few options:

Visit [The Niagara Distillery](#) featuring award-winning BBQ and six signature spirits that result in perfect pours either on their own or when mixed as a cocktail.

[The Niagara Brewing Company](#) proudly represents Canada's brewing heritage and today's innovative craft beer scene with unique beers skillfully weaved with local ingredients.

[Queen Victoria Place Restaurant](#) offers panoramic views of the Falls in this casual pub-style patio (perfect for enjoying fireworks throughout the summer).

[Taco N' Tequila](#) features lively Latin beats, delicious Mexican fare, refreshing Margaritas or Sangria.

[Kelseys](#) offers international fare and Kelseys famous wings on their large outdoor patio on lively Clifton Hill.



## **Where to Stay**

Book a Fallsview room to enjoy a [Room with a View](#), the majesty of the Falls from the comfort of your bed, any time of the day. Niagara Falls [campgrounds and cottages](#) afford visitors a special way of getting a little closer to nature.